

OCTOBER 2024

Whatever your goal, we can make it happen.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1. 5am BA Kelli 8:30 BA Kelli 5:30 Shred Trenda	2. 5am BP Brandy 8:30 BP Mary 10 SS Mimi 5:30 BP Liz	3. 5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz	4. 5am BC Stacie 8:30 Tone Kelli 10am SS Mimi	5.	
Class Type BP-BODYPUMP BS-BODYSTEP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SPRINT-CYCLING SHRED - HIIT SS-SILVER SNEAKERS        	7. 5am BP Brandy 8:30 BP Trenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda	8. 5am BA Kelli 8:30 BA Kelli 5:30 Shred Trenda	9. 5am BP Brandy 8:30 BP Mary 10 SS Mimi 5:30 BP Liz	10. 5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz	11. 5am BC Stacie 8:30 Tone Kelli 10am SS Mimi	12.	
	14. 5am BP Brandy 8:30 BP Trenda 10 SS Cojo 4:30 BF Dee 5:30 BP Liz 6:30 Sprint Rhonda	15. 5am BS Kristy 8:30 BA Kelli 5:30 Shred Trenda	16. 5am BP Brandy 8:30 BP Mary 10 SS Mimi 5:30 BP Liz	17. 5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz	18. 5am BC Stacie 8:30 Tone Kelli 10am SS Mimi	19.	
	21. 5am BP Brandy 8:30 BP Trenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda	22. 5am BS Kristy 8:30 Kelli 5:30 Shred Tenda	23. 5am BP Brandy 8:30 BP Mary 10 SS Mimi 5:30 BP Liz	24. 5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz	25. 5am BC Stacie 8:30 Tone Kelli 10am SS Mimi	26.	
	28. 5am BP Brandy 8:30 BP Trenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Lance	29. 5am BS Kristy 8:30 Kelli 5:30 Shred Tenda	30. 5am BP Brandy 8:30 BP Mary 10 SS Mimi 5:30 BP Liz	31. 5am Tone Lindsey 8:30 BF Dee Happy Halloween			